

Teach English Overseas

**STARTS TONIGHT!!!
1 SEAT REMAINING!!!**

Last summer TESOL Course runs:
August 19th - 24th 2008

United TESOL 562-8370
International College of Teacher Training 41 York St.

The world's largest global newspaper

metro

OTTAWA • TUESDAY • AUGUST 19

metronews.ca

Man on bike path hit by car

FATALITY A 70-year-old man died yesterday after being struck by a car that had veered onto a Gatineau bike path.

At around 8:45 a.m., a 53-year-old woman driving in an eastbound lane near 372 Maloney Blvd. W. apparently lost control of her vehicle and drove up onto the grass and crossed a bicycle path, striking the elderly pedestrian, said Gatineau Police Const. Isabelle Poirier.

The man was transported to a Gatineau hospital for treatment of serious injuries. He died in hospital later in the morning, said Poirier.

Police said the man suffered multiple injuries to most of his body. His name is being withheld pending notification of next of kin.

Police believe the woman, who lives in Gatineau, fell ill shortly before the collision happened. The collision is now under investigation. No charges have yet been laid.

TRACEY TONG/METRO OTTAWA

ShareYourViews
ottawalatters@metronews.ca

Your Money pg 7

Find help for starting a biz

Your Health pg 10



Freshen up a workout

Celebrity page 14

Roseanne blasts Angie



Ottawa-area equestrians Jill Henselwood of Oxford Mills, above, and Ian Millar of Perth, inset below, helped Team Canada to a silver medal yesterday after narrowly losing to the United States in a "jump off" for the gold medal in the team competition at the Beijing Olympic Games. More coverage, pages 3 & 9.

Jumping to victory

Area riders Millar, Henselwood bring home silver

TRACEY TONG
tracey.tong@metronews.ca

Two Ottawa-area equestrians helped plump Canada's medal count yesterday after national team jumpers won silver at the Olympic Games.

Jill Henselwood of Oxford Mills, south of Ottawa, and veteran Ian Millar of Perth were members of Canada's four-rider team that won Canada's first team jumping medal in 40 years.

"This is unbelievable," Henselwood said yesterday during a conference call. "It was darn exciting. What a team I ride with."

Canada narrowly lost the gold in a "jump off" against the Americans, after ending competition

Winning team

• Eric Lamaze of Schomberg and Mac Cone of King City are the other members of the silver medal team. Cone had to withdraw from the medal competition yesterday after his horse was injured.

They tied through two rounds at the Shatin Olympic venue. Because only the top three scores count, there was little margin for error.

With one rider out to injury, "a silver medal is an extraordinary achievement," Millar said yesterday.

The medal marks a first for Millar, a nine-time Olympian who, at age 61, becomes the Olympics'

seventh-oldest medal winner. He made his Olympic debut in Munich in 1972.

"I remember back to the early '70s when I had a disastrous Grand Prix and my wife said to me, 'You've always been a late bloomer.'"

"Sure enough, guess what happened? I bloomed."

Henselwood and Millar jumped fault-free rounds to move Canada into a tie with the U.S. and force the jump off.

Millar knew eastern Ontario was cheering for the largely local equestrian team. "I guarantee you they were all

watching," he said. "Next week, when we get home, there's a big reception in Perth for the Olympians in our area."

"I think Ottawa is a funny point of interest in the sport," said Henselwood. "We have Ian Millar and myself, and the percentage of good riders is extraordinary for the area."

"We should have a team just from Ottawa."

Millar said he's already planning on competing in the 2012 Olympics in London, England — his 10th — on a horse named Redefin.



BOB VIT PHOTOGRAPHY/REUTERS



GET AN RBC NO
LIMIT BANKING
FOR STUDENTS*
ACCOUNT FOR A
CHANCE TO

**WIN
A
VESPA**

**PLUS
1 of 3
SONY BUNDLES
A DAY!**

[rbcp2p.com/
playforfree](http://rbcp2p.com/playforfree)

**CREATE
A BETTER
STUDENT LIFE.**

RBC Royal Bank®

*No purchase necessary. Contest runs from August 5th, 2008 at 9:00 a.m. (EST) and ends October 30th, 2008 at 11:59 p.m. (EST). Draws for daily winners begin Sept. 2 and grand prize draw on December 15th, 2008. Only one entry per person. Open to Canadian residents who are aged 17 and over. There are 185 prizes available to be won. Approximate retail value of all prizes is \$252,000.00. Odds of winning depend on the number of eligible entries. A correct answer to the skill-testing question is required. For full Contest rules and how to enter without purchase, please visit www.rbcp2p.com/freetoplay/rules. © Registered trademark of Royal Bank of Canada. Trademarks of Royal Bank of Canada. Royal Bank of Canada, 2008.



GET AN RBC NO LIMIT BANKING FOR STUDENTS' ACCOUNT FOR A CHANCE TO

WIN A VESPA

PLUS 1 OF 3
SONY BUNDLES
A DAY!

Talk to us about free
student banking today.

To find your nearest branch,
text your school name to 12345.

rbcp2p.com/playforfree



CREATE A BETTER STUDENT LIFE.

RBC Royal Bank®

*No purchase necessary. Contest runs from August 5th, 2008 at 9:00 a.m. (EST) and ends October 30th, 2008 at 11:59 p.m. (EST). Draws for daily winners begin Sept. 2 and grand prize draw on December 15th, 2008. Only one entry per person. Open to Canadian residents who are aged 17 and over. There are 185 prizes available to be won. Approximate retail value of all prizes is \$252,000.00. Odds of winning depend on the number of eligible entries. A correct answer to the skill-testing question is required. For full Contest rules and how to enter without purchase, please visit www.rbcp2p.com/freetoplay/rules. © Registered trademark of Royal Bank of Canada. Trademarks of Royal Bank of Canada. Royal Bank of Canada, 2008.

Body of drowned man recovered

The body of a Gatineau man who died while swimming in the St. Lawrence River near Gananoque on Saturday was recovered yesterday. Sylvain Demanche, 46, was swimming while trying to catch up with two boats that were adrift when the incident happened.

CTVOTTAWA.CA

Ottawa



Going raw

The SimplyRaw event — a non-profit, free-admission vegan festival in Ottawa — has increased to two days this year and will draw vegan speakers and raw food enthusiasts for events such as live raw food preparation demonstrations, workshops and a Raw Lifestyles File Festival. The event is slated Sept. 6-7 in Central Park in the Glebe.

SIMPLYRAW.CA



From left, Dixie Landers, Capital Pride executive secretary Joseph Jacques, treasurer Alan Chaffe and chair Joanne Law share a laugh during the launch event for the 22nd annual festival at city hall yesterday.

Capital Pride kicks off

TRACEY TONG
tracy.tong@metronews.ca

Capital Pride — literally — started with a bang at city hall yesterday.

A crack of thunder, followed by a heavy downpour, sent officials, festival organizers and members of the GLBT community scurrying inside moments after the official flag raising ceremony late yesterday afternoon.

"This year's theme is live your pride," said Capital Pride chair Joanne Law.

"As a transgendered woman, I know what a challenge it is to live my pride," she said. "But events like this make it easier."

Committee members expect 50,000 people will come from across Canada to attend the 22nd annual festival — the country's fourth largest — and Capital Pride communications coordinator Julien Lavoie stressed that everyone is

Police promote better relations

• A charity breakfast hosted by city police to mark the Capital Pride Festival yesterday helps create an avenue to discuss issues of concern to both groups, police said.

More than 100 officers, GLBT community members and city residents attended the 11th annual flag unfurling and breakfast at police headquarters. Diversity and Race Relations Section Staff Sergeant John Medeiros said keeping communication chan-

nels open is key to the relationship.

"When something does happen, we already have members of the community who are working with us," said Medeiros.

Capital Pride chair Joanne Law lauded city police for their outreach.

"Personally, I think the Ottawa police is a flagship for other ... services to follow," said Law, a police liaison committee member.

City officers, for example, have completed training for how to work with transgendered persons in the event of an arrest.

"I've seen the evolution and the bylaws and policies change," Law said. "Now, it's a very strong relationship."

Incidents occur that "challenge" the relationship, Medeiros said, but understanding on both sides often bridges the gap.

TRACEY TONG/METRO OTTAWA

invited.

"It's not just a gay event," said Lavoie. "It's also a unifying celebration, celebrating the things that we have in common with the rest of Ottawa."

Mayor Larry O'Brien proclaimed Pride Week and hosted his first mayor's reception for the event following the flag raising.

"To have the mayor recognize (the event) with a proclamation is important to us," said Lavoie. "We value the relationship."

Ottawa is a fairly accepting city, said Lavoie.

"Capital Pride is generally well-received. Every year, there's one or two protesters. The acceptance is not complete, but people are more and more accepting that Ottawa is a vibrant

community."

The coming week features numerous community events, including tonight's vigil at the human rights monument and a discussion at city hall, Thursday's Capital Pride Gala Cabaret, Saturday's Annual Dyke March and the highlight of the festival, the Capital Pride Parade on Sunday.

The deal valued the entire company at about \$282 million.

Corel makes software such as CorelDraw, WordPerfect, WinZip and WinDVD.

REUTERS



Riders' medal sends out regional ripple

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Local equestrians and horse breeders hope the success of two Ottawa-area riders at the Olympics boosts show jumping's profile in the region.

Perth resident Ian Millar and Jill Henselwood, of nearby Oxford Mills, composed half of the group that won Canada's first team jumping medal in 40 years yesterday, and a young rider who trains with Henselwood says excitement is building that local riders can build on that success in 2012.

"I think everyone is pretty excited about what this might bring," said rider Kelley Small, 24.

"For years, Toronto has been the centre of show jumping, with the occasional rider from Quebec or out west, but it seems there are a lot of good riders in Ottawa now."

Small has trained with Henselwood since she was 13 and woke up early yesterday to watch Henselwood vie for the medal against the U.S. in a jump-off after the national teams ended tied.

"She taught me everything I know about show

"For years, Toronto has been the centre of show jumping, with the occasional rider from Quebec or out west, but it seems there are a lot of good riders in Ottawa now."

Kelley Small, rider

jumping," said Small. "I know she always wanted us to aspire to go to the Olympics, and that's obviously my goal, but we'll see."

Horses being developed here are future Olympians as well, said one area breeder.

Mark Rossolatos, with Riverbend Farm, said the quality of local farms make up for the relatively few breeders who operate in eastern Ontario.

"Whenever you have the Olympics or world-class competitions they are asking more questions about the bloodlines of the horses," he said.

"The success ... should give our riders something to strive for and know it's achievable, the same goes for the breeders."

Saw kicks back, cuts man's neck

GREELY A 21-year-old construction worker is in critical condition after accidentally cutting himself in the neck with a power saw yesterday.

The man was using a circular saw to cut a wood frame at a house under construction on Apple Orchard Road in Greely when the blade struck a nail and kicked back, slicing the left side of his neck and cutting him towards his throat.

Paramedics had to work to control blood loss upon arrival, said team leader Rod Hamberger. The man was airlifted to Ottawa Hospital, where he was slated for surgery. The Ministry of Labour is investigating.

TRACEY TONG/METRO OTTAWA

metronews.ca

What's online today.

Read Allan Small's Investment Perspective for a look at opportunities to profit from the downtrodden financial markets
Watch reports on the resignation of Kandahar's controversial governor and on Canada's continued success at the Beijing Olympics

Lotteries

Ontario Pick 3	285
Ontario Pick 4	3053
Encore	2524727
Daily Keno 1, 3, 4, 9, 13, 21, 25, 26, 28, 29, 32, 40, 46, 50, 57, 61, 64, 66, 69, 70	

These results are not official.



Majority shareholder withdraws private bid on Corel Corp.

DEAL Consumer software developer Corel Corp. said yesterday its majority shareholder has withdrawn its offer to buy out the rest of the Ottawa-based company.

Corel said that Corel Hold-

ings LP, which already owns 69 per cent of the company and is controlled by private-equity firm Vector Capital Corp., pulled its bid to "facilitate pursuit by Corel of alternatives for maximizing val-

ue for all ... shareholders." Had it been successful, the bid would have seen Corel go private for the second time in five years.

In late March, Corel Holdings offered \$11 a share for

A letter purporting to be from the Canada Revenue Agency that asks people for financial information that could lead to tax refunds is a scam, say tax officials. The letters ask people to send bank account numbers to an e-mail address or a fax number. **SOURCE: CANADA REVENUE AGENCY**

Councillors balk at biweekly pickup

Opponents to new organics trash collection say still too many unresolved issues

TIM WIECLAWSKI

tim.wieclawski@metronews.ca

A move to biweekly garbage pickup that could save \$1 million annually remains up in the air after a committee could not decide on a new collection schedule yesterday.

Two split votes by the

planning and environment committee yesterday resulted in no decision being made on a new collection schedule, which staff has proposed as part of a new organics collection program.

As of fall 2009, the city plans a source-separated organics recycling program that will have weekly "wet"

household trash collection, but it has proposed that regular garbage — anything not collected as recycling or organics — be picked up every second week, following a six-month adjustment period.

Opponents of the switch to biweekly collection said there were still too many unresolved issues, such as

diaper collection, to make the change too quickly.

"I don't like this but from the people that I am hearing from, they have too many problems to do this right away," said Coun. Jan Harder.

But Coun. Peter Hume, the committee chair, called the delay frustrating, noting that other municipalities

are already doing organics collection with success.

"It's a million-dollar saving and it brings our diversion rate to the highest it will ever be and (is) saving landfill space. It's hard to understand the motivation for delaying this," he said.

"It should be a fairly simple exercise and we can't seem to move forward

with."

Five councillors voted for weekly collection until 2012, and five councillors voted for biweekly collection to begin in March 2010, resulting in both motions being defeated and sending the issue to the Aug. 28 council meeting without a committee recommendation.



Earn \$31.45/hr as a Professional Home Stager.

Enroll now at the Haverhill Institute of Staging and begin an exciting career as a Professional Home Stager. Haverhill's employer assisted job training program guarantees you full or part-time employment as a Professional Home Stager following graduation.

Starting wage \$31.45/hr.
Health benefits after 6 months.
Get started today! Call now for more Details:
1.866.927.7782 or visit haverhillstaging.com

* health benefits to full-time employees. Fully Refundable Course Fee Applies.

THE HAVERHILL INSTITUTE OF STAGING & DESIGN

Storms If you can't beat 'em, join 'em



Chris Hawkins, left, Strom Carisse and Liam Rowan gave up trying to keep dry during yesterday's thunderstorms and dunked under the fountain at Confederation Park to make their soaking complete. The area was under a severe thunderstorm watch into the evening.

ETIENNE RANGER/PHOTO MONTAGE

AIR CANADA VACATIONS

Save up to 40% on short getaways

Escapades

Las Vegas
EARN 1,150 AEROPLAN MILES* PER MEMBER
Harrah's Las Vegas • 3 1/2 ★
Standard rm. • Oct. 7 & 14 • 3 nts.
Receive \$50 resort credit per room, per stay

via Toronto
\$599
Plus taxes & other fees: \$186.

London
EARN 6,600 AEROPLAN MILES* PER MEMBER
Royal National Hotel London • 3 ★
Breakfast • Standard rm. • Sept. 18, 19, 25 & 26 • 3 nts.

via Toronto
\$699
Plus taxes & other fees: \$494.

Nassau, Bahamas
EARN 2,760 AEROPLAN MILES* PER MEMBER
Sheraton Cable Beach Resort • 4 ★
Resort view rm. • Sept. 18, 19, 22 & 26 • 3 nts.
FREE breakfast for two daily

via Toronto
\$699
Plus taxes & other fees: \$278.

aeroplan

aircanadavacations.com
Call 1 866 529-2079 or your travel agent

Prices in this ad are valid for bookings made between August 19 & 23/08. Prices are per person based on double occupancy, unless otherwise stated, from Ottawa - Macdonald-Cartier International Airport. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures. Ontario registration #50013537. *Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger, and are awarded on flight-inclusive travel only, and are per Aeroplan member. **Aeroplan is a registered trademark of Aeroplan Limited Partnership. *Air Canada Vacations is a registered trademark of Air Canada, used under license by Tourism Limited Partnership, 2700 Matheson Blvd. East, Mississauga ON. Visit www.aircanadavacations.com for up-to-date information.

Is there money in Real Estate?



Real estate offers opportunities for potential **cash flow and financial security** like no other investment. You can discover the strategies many are using to build wealth in the current Canadian market. Find out how during the upcoming **FREE Building Wealth Real Estate Investing Training**.

FREE GIFT Is Yours
When You Attend!

FREE TWO-HOUR TRAINING
AUGUST 26TH, 27TH OR 28TH

Register Now
1.800.959.1728
www.russwhitney.ca

"Boomers fuelling property market... real estate prices across the country continue to climb..."
— Canadian Real Estate, March-April, 2008

© 2008 Whitney Canada, Inc. Results from programs are based on individual effort and other factors. Additional products and services will be offered for sale. BW5266 b v2 7-08

Poachers foiled by lobsters with microchips

Three men from Burnt Islands, N.L., were convicted of fishing violations after a high-tech investigation, CBC News Online reports. Department of Fisheries and Oceans officers tracked the men after finding unmarked lobster traps by placing live lobsters implanted with microchips in each of the traps. **METRO NEWS SERVICES**

5

Canada



Buyer's market for yachts

As Americans cut back spending on life's necessities, Europeans and Canadians are taking up the slack by buying some of life's luxuries, including yachts. Yacht sales, especially previously owned vessels that sell for more than \$300,000, are selling quite well, several boat brokerages say.

REUTERS

PM's Olympic bypass costly, says Chretien

In bypassing the Beijing Olympics, Prime Minister Stephen Harper has undermined the work that every Canadian leader since John Diefenbaker has poured into improving relations with China, Jean Chrétien said yesterday.

The former prime minister said he would not have hesitated for "a second" to attend the Games, and called Harper's decision to skip the opening ceremonies a mistake with potentially costly consequences for Canadian trade.

political potshots

• Yesterday's remarks were not the first political potshots Chrétien has taken at Harper. The most memorable were during the 2006 Liberal leadership convention in Montreal,

where he openly mocked Harper. "I was in China and Hong Kong ... and I think Harper is even less popular (there) than in Canada," he told the partisan crowd then.

"It is the second-biggest economy in the world and, in 50 years, it will be the biggest economy in the world," Chrétien told reporters after a speech to the Canadian Bar Association.

"Starting with Diefen-

baker, Trudeau and all of us, we established very good relations, relatively speaking, with China. And suddenly you break the bridge."

Harper's office noted in response that Chrétien had missed several Olympics

while he was prime minister from 1993 to 2003.

"I find it ironic that Prime Minister Chrétien ... somehow skipped the '94, '98, 2000 and 2002 opening ceremonies. Based on his remarks, should we conclude that relations with those countries were damaged because Prime Minister Chrétien did not attend four out of five Olympic games that took place while he was prime minister?" said Dimitri Soudas, Harper's assistant press secretary.

TORSTAR NEWS SERVICE

Prentice promotes trade pact in U.S.

NAFTA Industry Minister Jim Prentice talked up the North American Free Trade Agreement yesterday in an attempt to counter criticism of the trade pact.

"Under ... NAFTA we have created an incredibly successful trading relationship," Prentice said after speaking at a forum in Atlanta.

TORSTAR NEWS SERVICE

News in brief

POLITICS Stephen Harper kicked off a quick swing through the GTA and southwestern Ontario with a speech that served as a rallying cry to party faithful. With four byelections looming and the strong whiff of a federal fall election in the air, Harper mocked Liberal Leader Stéphane Dion last night as a weak leader who has never made good on his threat to defeat Harper's government.

HEALTH Federal Health Minister Tony Clement contends safe injection sites may well violate the standards of medical ethics, a position that earned him a crisp and swift rebuke from the country's largest doctors' group. Speaking to the Canadian Medical Association's annual assembly, Clement stepped up his attacks on Insite, a controversial supervised injection centre in Vancouver.

SCIENCE Patients infected with West Nile virus can develop long-term symptoms such as fatigue, fuzzy thinking and movement difficulties, but researchers at McMaster University in Ontario said yesterday that these symptoms go away after about a year. The mosquito-borne virus arrived in the Americas in 1999 and quickly began to sicken patients.

METRO NEWS SERVICES

CNE Olympic spirit



Mathieu Turgeon, a two-time Olympian and winner of the bronze for trampolines at the Sydney Olympics in 2000, leaps through the air at the CNE yesterday — the same day his wife Karen Cockburn won a silver medal for trampolines in Beijing.

CONNECTED education an environmental CHOICE

Save on transportation & textbooks

Study for an Attestation of Collegial Studies (ACS) in:

- Interior Design
- Multimedia Techniques
- Fashion Buyer
- Administrative Assistant
- ✓ English as a Second Language also available

Register Now!

514 939-4414

1 800 363-3541 ext. 4427

ilasallescampus

My Online School



www.ilasallescampus.com

ambush

Nominated for 6 CCMA Awards

SATURDAY, AUGUST 23RD, 2008

Doors Open at 8:30, Richmond Fairgrounds - Camping available
Tickets and info available at www.ticketweb.ca
All Proceeds go to the Children's Wish Foundation
Age of Majority Tickets may not be available for sale at the door.

Vendor's Market **NOON - 8PM**

Food, Crafts, Jewellery and so much more
Bring the family out and support our vendors.

Event Sponsored By: **metr** **Grampex**

The Ottawa Wedding Show

FREE ENTRY!

at Lansdowne Park

Lansdowne Park

Sept 6 & 7 • Sat & Sun 10-5

- Ottawa's leading wedding suppliers
- Fashion Shows 12:30 & 3:30
- Wedding Planning Seminars 11:30 & 2:30
- Super Gown Sale

www.OttawaWeddingShow.com

WHAT'S YOUR SIGN?

Take Five daily, to find out what your horoscope says.

metr **metr**

The BlackBerry Bold, RIM's latest smart phone offering aimed at the company's customer base of business users, will hit Rogers stores on Thursday. No pricing has been announced yet, but RIM co-CEO Jim Balsillie said in May it will cost between \$300 to \$400. **REUTERS**

World/Business

Musharraf steps down

The United States praised Pakistani President Pervez Musharraf as a committed partner against terrorism and pledged after his resignation yesterday to keep a good relationship with the new government and fight extremism together.

The White House said President Bush looked forward to working with Pakistan on the economic, political and security challenges it faces.

"President Bush appreciates President Musharraf's efforts in the democratic

transition of Pakistan as well as his commitment to fighting al-Qaida and extremist groups," White House spokesman Gordon Johndroe said in Texas, where Bush is at his ranch. Secretary of State Condoleezza Rice praised Musharraf for having made the "critical choice" to join the battle against al-Qaida, the Taliban and other extremists.

U.S. officials have recently voiced frustration with Pakistan's efforts as the Taliban and al-Qaida re-

Background

• Musharraf took office in a coup in 1999. He was an important ally for Washington in the U.S.-declared "war on terror" and Pakistan received billions of dollars in U.S. counterterrorism aid during his government.

grouped in its remote tribal areas, where some American officials and analysts believe al-Qaida leader Osama bin Laden is

hiding.

Speculation Musharraf would resign had mounted since Pakistan's fractious coalition government, led by the party of assassinated former prime minister Benazir Bhutto, said this month it planned to impeach him.

Bush has not spoken with Musharraf since his resignation was announced.

The United States was not involved in any asylum discussions with the Pakistani leader. **REUTERS**

Business

Real-time credit fraud pilot launch

NEW YORK Visa Inc. and eight U.S. and Canadian lenders have launched a pilot program designed to alert cardholders in real time that they might be victims of fraud.

Visa, the world's largest card network, said the test will provide as many as 2,000 cardholders with alerts via e-mail or through their mobile devices within seconds of their cards being used, rather than within hours or days.

Participants may choose to be alerted to a variety of types of card usage, including ATM withdrawals, in-

ternational transactions, Internet or phone transactions, and transactions above specified amounts.

Canadian lenders taking part in the pilot program are Royal Bank of Canada, Toronto-Dominion Bank and Vancity, which is Canada's largest credit union. **REUTERS**



West urges Russia to pull out quickly

GEORGIA Russia said it had begun a military pullback from Georgia yesterday and President Dmitry Medvedev promised a "crushing response" to any future attack on Russian citizens.

The United States and France urged a speedy Russian withdrawal, the latest in a series of similar appeals which have had no visible impact as Moscow has declined to set a pull-out timetable.

A senior U.S. official said there were no signs yet that the Russian forces had begun to leave. Georgia said they were broadening their presence.

"Quite the opposite. They are spreading out to other regions," Deputy Foreign Minister Giga Bokeria said.

Russia's crushing defeat



A boy in Stavropol looks at photographs of damaged buildings in Tskhinvali, the main city of Georgia's breakaway region of South Ossetia.

of Georgia — its first military campaign outside its borders since the 1991 col-

lapse of the Soviet Union — has damaged ties with Washington and raised

concerns over the stability of a key oil and gas transit state. **REUTERS**

Suicide bomber kills 10 civilians

AFGHANISTAN A Taliban suicide bomber rammed an explosives-packed car into the gate of the main U.S. military base yesterday in Afghanistan, killing 10 civilians and wounding 13 as the country observed its independence day. **REUTERS**

Key West nonchalantly weathers storm

FLORIDA As Tropical Storm Fay buffeted Key West yesterday, islanders displayed the nonchalance that has earned Florida's southernmost city its laid-back reputation.

"I might close if there are no customers, but not because of this weather,"

said Sean Kiborn, manager of Starbucks on Key West's main thoroughfare, Duval Street.

"There haven't been any real problems with Fay," said Doug Bryan, who works at the city marina and lives on his houseboat, Casa Blanca. "I've worked

with some of the boat owners, especially the live-aboard folks. Mostly we are adding lines for security."

The island city of about 25,000 residents lies at the end of the 210 kilometre Florida Keys archipelago and its economy depends heavily on tourism. **REUTERS**

Fannie, Freddie drop 20 per cent

NEW YORK The ongoing mortgage crisis hurt the shares of banks and Fannie Mae and Freddie Mac yesterday, pushing all three major indexes down about 1.5 per cent.

Fannie and Freddie shed more than 20 per cent each after Barron's reported that the U.S. Treasury may need to bail out the home finance giants. That move could wipe out shareholders and effectively nationalize the enterprises. **REUTERS**

In brief

OIL Oil fell to \$113 U.S. a barrel as fears eased that Tropical Storm Fay would damage major oil and gas infrastructure in the Gulf of Mexico. While some offshore personnel had to be evacuated, it appears the storm will miss crucial production and refinery facilities. However, oil's losses were tempered by hindered shipments in Georgia, and a decline in the value of the U.S. dollar, a factor that has boosted commodities markets in recent years by increasing the purchasing power of buyers. **REUTERS**

METRO Ottawa

130 Slater Street, Suite 300
Ottawa, ON K1P 6E2
Tel: 613-236-5058
Toll free: 1-888-916-3876
Fax: 1-866-253-2024

Advertising: 613-236-5058
adinfoottawa@metronews.ca
Distribution inquiries:
ottawa_distribution@metronews.ca
metro_inquiries@metronews.ca
ottawaletters@metronews.ca

Local:
Publisher, C. Dave Kruse
Managing Editor, Derek Gordanier
derek.gordanier@metronews.ca
Marketing Manager, Ian Clark
Distribution Manager, Bernie Horton
National:
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
National Sales Director, Susan Courtney
Interactive Director, Jodi Brown



Metro is the world's largest newspaper, with more than 20 million daily readers in 100 major cities in 21 countries. **metronews.ca**

NEWS
Weeknights 6:00

WATCH OTTAWA'S NEWS LEADER

BMO	CIBC	ICICI	ING	PCF	RBC	Scotia	TD	Interest rates/Savings accounts
1.0%	0.2%	3.4%	3.0%	3.05%	2.75%	2.25%	0.05%	METRO NEWS SERVICES

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Choose your guide wisely



Thinking about starting your own business? Looking to make more money in your current position? Or thinking of moving into a new position altogether? If you answered yes to any of these questions, then what you need is a mentor.

Mentors have 'been there, done that' and can provide honest and thoughtful feedback. They can also answer your questions from a place of experience and insight.

Each Smart Cookie has a mentor of her own and our business has assembled a Board of Advisors to help us with anything and everything needed to succeed.

So before you quit your day job to start a dog grooming empire, you might want to search out a profitable company doing just that and spend a few days seeing if you: A) actually like washing dogs and B) have the resources and energy needed to launch your own initiative.

Here are some of our favourite tips on how to find a mentor:

Source out mentorship programs in your local area.

A lot of these organizations are national programs with local chapters. Some require an annual fee to join. For that fee, you are connected with a mentor and also have the opportunity to attend monthly meetings.

Often times there are events and educational



The FEW, or Forum For Women Entrepreneurs, is a Smart Cookie favourite. Check out fwe.ca.

"Mentors have 'been there, done that' and can provide honest and thoughtful feedback."

seminars throughout the year where you can learn more about topics like negotiation, starting a small business, financing a business and much more.

The FEW, or Forum For Women Entrepreneurs, is a Smart Cookie favourite and we have been lucky to gain one of our own mentors here. To learn more check out fwe.ca.

Use your network wisely.

We all have a network of

friends and family. And often these people are eager to offer up their support and even their own connections. Why not take full advantage of the fact that these individuals want to lend a hand?

If it is you who is approaching contacts for help, be sure to be clear about your expectations, and be open and willing to learn from these people. And most importantly, if you need something, ask. What's the worst that can happen?

Blogs, blogs and more blogs.

Mentoring doesn't have to take place face-to-face or even over the phone. The advice that you need can sometimes come in the

form of online experts. Blogs, such as Loaded Bow (loadedbow.wordpress.com) seek out the experience and accomplishments of entrepreneurs and share this information in hopes that it may benefit others who wish to emulate their successes.

We like Google Reader because we can get our favourite blog updates fed directly to our email accounts. Visit commoncraft.com/rss_plain_english for more information.

If you have questions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

HISAVE Savings Account

Apply online: icicibank.ca

3.40% C\$

ICICI Bank

All interest rates are expressed on a per annum basis and are subject to change any time without notice. Interest on HISAVE Savings Account is calculated on the daily closing balance and paid monthly. ICICI Bank and logo and the HISAVE name are registered trademarks.

Reader doubts the value of buying home

Q Since university, I have rented an apartment for the past seven years. This has given me an opportunity to save and invest without the obligations of a mortgage and enlarging profit margins for banks. Homeownership is a facade and another mechanism used by the large financial institutions to own people. Why do so many people take such extreme measures to own a home?

Gerry

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

the greatest. Individuals take pride in their home, from the dirt in their fingers from growing vegetables to weekly visits to their chiropractor after building a new deck.

Canadians have always desired to own their own home. I applaud the discipline and insight you have shown but unfortunately not everyone is as gifted. For many, buying a home is a form of forced saving and the only asset for their retirement.

A house continues to be the most valuable asset owned by an individual.

Henry Choo Chong, CGA provides professional accounting and taxation solutions. choochonghcg@yahoo.ca

CAREER OPPORTUNITY OPEN HOUSE

RESP Agents and Managers (PT/FT) required.
Unlimited earning potential. Full training provided.

Please join us on **August 23, 2008** at Holiday Inn Select & Suite, 101 Kanata, Kanata, Ontario. Meeting time 3-4pm & 7-8pm

To reserve a seat contact Bijender: 647.885.6378 • email: b.singhmar@cefi.ca
or Laura: 1 800 246.1203 • email: laura.louizos@cefi.ca



CEFIL'S EDUCATION FORUM INC.
A 501(c)(3) NON-PROFIT CORPORATION



GROUP TRAINING - FRENCH AS A SECOND LANGUAGE (FSL)
FALL TERM - CAMPUS OF WESTBORO
(495 RICHMOND RD SUITE 200)

AFL will offer French Second Language FSL Group Courses from **August 26th, to November 1st, 2008**

Courses are going to be held every Tuesday, Thursday from 5:30 P.M. to 7:00 P.M. and Saturday from 10:30 to 12:00.

Option 1: French for the Federal Public Service (Level A, B and C)
Option 2: Day to Day French (for beginner, intermediate and advanced students)

Fee: \$300 for the whole fall term.

Registration deadline: Friday, August 22nd, 2008

For a free linguistic level assessment, please contact us:
Phone: (613) 722-6539 **Email:** info@aficanada.ca

InvestmentPerspective

Read Allan Small's column online at metronews.ca

**OTTAWA OFFICE
GRAND OPENING**

New Positions Available

Avg. \$850+/week

Full Training Provided

Excellent Opportunity for Advancement

Call 613-751-2809

Midearth Travel

738 Bronson Ave., Ottawa
www.midearth.ca

NEW YORK CITY FUN
3 days, NYC and Woodbury Outlets
Every Saturday departure from **\$179**

USA 4 DAYS BUS TOUR
New York City - Washington DC - Atlantic City
Every Saturday departure from **\$209**

TORONTO - NIAGARA FALLS
2 days trip, 1000 Islands cruise,
Toronto and Niagara Falls
Weekly departure from **\$109**

QUEBEC CITY & WHALE WATCHING
QUEBEC CITY & MONTREAL
Two days bus tour from **\$119**
(ALL INCLUDING BUS & HOTEL)

BUS TOUR PACKAGE

For more bus tours, please call 613-236-5226 or 613-234-7072

JOHN D. QUOC,
DTCM, C.A.C., D.A.C., B.S.C., B.Ph., D.N., D.O.
• Over 30 years experience & research
Diploma in Acupuncture • Pharmacy • Osteopathy • Naturopathy • Massage Therapy
Former Professor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

Recommended For:
Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fibromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems, Impotence, Menopausal Syndrome, Depression...etc.

**Vanier Medical Centre 292 Montreal Rd., Vanier
613 263 0063 • 613 276-7750**

Tampa Bay Ray's closer Troy Percival decided yesterday not to undergo arthroscopic surgery on his injured right knee. Rather, the 39-year-old elected rehabilitation and anti-inflammatory medication. He is 2-0 with 27 saves in 30 opportunities and a 3.69 ERA. **METRO NEWS SERVICES**

Sports

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONWS.CA

Rangers' Kinsler goes on DL

Texas Rangers second baseman and American League MVP candidate Ian Kinsler, left, was placed on the 15-day disabled list yesterday with a sports hernia. Coming into yesterday's action, Kinsler, 26, led the majors in hits (165) and runs (102) while posting a superb .319 average with 41 doubles, 71 RBI and 26 steals, all of which have already surpassed his previous career-highs. **METRO NEWS SERVICES**

World Cup hopes heat up

Canada prepares for Jamaica in a 'now or never' qualifying campaign

When asked what gave Canada's national team an edge over the squads they'll face in the next round of World Cup qualifying, head coach Dale Mitchell chose diplomacy, electing instead to praise the overall quality of his team's next few opponents.

Houston Dynamo star Dwayne De Rosario was a little more specific, saying that among Jamaica, Honduras and Mexico — their opponents in the group stage of World Cup qualifying — the Canadian team's aggressiveness sets it apart.

But fellow midfielder and Scarborough native Julian de Guzman gave the most straightforward, and optimistic, assessment of the team, its quality and its prospects.

"It's the best team I've ever played with," said de Guzman, who plays for Deportivo La Coruna in the Spanish first division and

was named the club's MVP last season. "It's now or never ... If we can't (qualify for the World Cup) now, then we're never going to get it done."

After dispatching St. Vincent in June, Canada's qualifying odyssey for South Africa 2010 begins for real tomorrow night, when they open group play here against Jamaica.

Yesterday's two-hour session was one of just two the team will have before the game. With several key players missing and the remainder getting familiar with each other again, the practice started slowly, but Mitchell was impressed with how it ended.

"It took a while to get them going," said Mitchell, who in 1986 played on the only Canadian team to reach the World Cup. "(But) by the end of the session the ball was buzzing around."

TORSTAR NEWS SERVICE



Julian de Guzman, left, controls the ball as Ali Gerba, right, gives chase during the Canadian national soccer team's practice at BMO Field yesterday. Canada takes on Jamaica tomorrow. **TORSTAR NEWS SERVICE**

Bears name Orton as starting QB

NFL The Chicago Bears announced yesterday that Kyle Orton will line up under center in the team's season opener September 7 in Indianapolis.

Orton, a fourth-round draft pick in 2005 from Purdue, had been battling with Rex Grossman, who was the starting quarterback the last two seasons and guided the Bears to Super Bowl XLI following the 2006 season.

The former 2003 first-round pick, though, had been chastised for his inability to protect the ball. In only 32 career games spanning the last five seasons, the Florida product has thrown 31 touchdowns against 33 interceptions.



Kyle Orton

Mora, Vazquez win weekly award

MLB Baltimore Orioles third baseman Melvin Mora and Chicago White Sox pitcher Javier Vazquez were both named the American League Player of the Week for the period ending August 17. Mora hit a sizzling .563 for the week (18-for-32) with three homers, 13 RBI.

Houston Astros third baseman Ty Wigginton and New York Mets pitcher Johan Santana won the National League honours.

Wigginton led the NL with a whopping .571 (16-for-28) batting average, 11 runs driven in while tying for the league-lead with four homers.

Ravens' Suggs ends holdout

NFL Baltimore Ravens linebacker Terrell Suggs signed the club's one-year franchise tag agreement yesterday, ending his 27-day holdout from training camp. The Ravens slapped the franchise tag on Suggs, meaning his salary would be the average of the five highest-paid linebackers in the league. The Ravens signed him to a \$8.5 million deal, as reported by the Baltimore Sun. **METRO NEWS SERVICES**

Sports in brief

NFL The Houston Texans announced yesterday that they have signed running back Marcel Shipp. Shipp, an eight-year veteran, was released by Arizona earlier this month.

NFL The Miami Dolphins have released offensive lineman Steve McKinney. McKinney, a

10-year NFL veteran, was signed in May.

BASEBALL The Pittsburgh Pirates placed first baseman Doug Mientkiewicz on the bereavement list. Mientkiewicz left the team to be with his wife, who underwent heart surgery yesterday. **METRO NEWS SERVICES**

SCOREBOARD

MLB					Chicago Cubs 76 48 .613 —					NATIONAL LEAGUE				
AMERICAN LEAGUE					Milwaukee 71 54 .568 5½					Washington at Philadelphia, 7:05				
EAST DIVISION					St. Louis 70 57 .551 7½					Atlanta at N.Y. Mets, 7:10				
	W	L	PCT	GB		W	L	PCT	GB		W	L	PCT	GB
Tampa Bay	75	48	.610	—	Houston	63	61	.508	13	Houston at Milwaukee, 8:05				
Boston	71	53	.573	4½	Pittsburgh	56	69	.448	20½	Cincinnati at Chicago Cubs, 8:05				
N.Y. Yankees	66	58	.532	9½	Cincinnati	55	70	.440	21½	Pittsburgh at St. Louis, 8:15				
Toronto	64	60	.516	11½	WEST DIVISION					San Diego at Arizona, 9:40				
Baltimore	60	63	.488	15		W	L	PCT	GB		W	L	PCT	GB
CENTRAL DIVISION					Arizona	64	60	.516	—	Colorado at L.A. Dodgers, 10:10				
	W	L	PCT	GB	L.A. Dodgers	64	60	.516	—	Florida at San Francisco, 10:15				
Chicago Sox	70	53	.569	—	Colorado	57	69	.452	8	CFL				
Minnesota	70	53	.569	—	San Francisco	53	71	.427	11	EAST DIVISION				
Detroit	66	64	.504	10½	San Diego	48	76	.387	16		W	L	PCT	PTS
Cleveland	56	67	.455	20½	YESTERDAY'S RESULTS					Montreal	5	0	10	
Kansas City	55	69	.444	21½	AMERICAN LEAGUE					Toronto	3	5	6	
WEST DIVISION					Boston at Baltimore					Hamilton	2	6	4	
	W	L	PCT	GB	L.A. Angels at Tampa Bay					Winnipeg	2	6	4	
L.A. Angels	76	46	.623	—	Detroit at Texas					WEST DIVISION				
Texas	62	63	.496	15½	Oakland at Minnesota						W	L	PCT	PTS
Oakland	56	67	.455	20½	Seattle at Chicago White Sox					Saskatchewan	6	1	0	12
Seattle	46	77	.374	30½	NATIONAL LEAGUE					Edmonton	4	3	8	
NATIONAL LEAGUE					Pittsburgh 55 N.Y. Mets 2					Calgary	4	3	8	
EAST DIVISION					San Francisco 5 Atlanta 0					B.C.	4	3	8	
	W	L	PCT	GB	Houston at Milwaukee					WEEK 9				
N.Y. Mets	68	57	.544	—	TONIGHT'S GAMES					THURSDAY'S GAME				
Philadelphia	66	58	.532	1½	AMERICAN LEAGUE					Saskatchewan at Edmonton, 9				
Florida	64	61	.512	4	Boston at Baltimore, 7:05					FRIDAY'S GAME				
Atlanta	56	69	.448	12	Kansas City at Cleveland, 7:05					Calgary at B.C., 10:30				
Washington	44	81	.352	24	N.Y. Yankees at Toronto, 7:07					BASEBALL				
CENTRAL DIVISION					L.A. Angels at Tampa Bay, 7:10					CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDS:				
	W	L	PCT	GB	Detroit at Texas, 8:05					TONIGHT'S GAME				
St. Louis	68	57	.544	—	Oakland at Minnesota, 8:10					New York Islanders at				
Chicago White Sox	66	58	.532	1½	Seattle at Chicago White Sox, 8:11									
Minnesota	64	61	.512	4										
Detroit	56	69	.448	12										
Seattle	46	77	.374	30½										

Study

Only 10 of the 10,500 athletes competing in the Beijing Olympics are openly gay, according to a study by Outsports.com. **REUTERS**

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Silver linings for Canadians

Cockburn claims third Olympic medal, Millar wins first in nine tries

Add two more silvers to Canada's medal haul.

Toronto's Karen Cockburn bounced back from a painful right knee injury to win silver in the trampoline competition yesterday for Canada's eighth Olympic medal in Beijing.

Soon after, 61-year-old Ian Millar of Perth, Ont., and his teammates — Eric Lamaze of Schomberg, Ont., Jill Henselwood of Oxford Mills, Ont., and Mac Cone of King City, Ont. — also brought home a silver finish, this time in equestrian team show jumping.

The medal is Millar's first in nine trips to the Olympics.

Asked how it feels to get a medal after nearly four decades of trying, Millar replied: "If you persevere long enough, if you do the right things long enough the right things will happen. That's the definition of perseverance and I've always been a perseverer."

The Canadian squad entered yesterday's action in fourth place, but they nailed it down the stretch and managed to get into a jump-off with the U.S. Be-



The Canadian team, from left, Mac Cone, Ian Millar, Eric Lamaze and Jill Henselwood celebrate after receiving their silver medals following the Olympic equestrian team show jumping competition yesterday in Hong Kong.

cause Cone's horse, Ole, was hurt, the Canucks only had three horses in the playoff round, compared to four for the Americans. Henselwood had a penalty on her ride, and the U.S. took advantage for the gold medal.

Cockburn, who said her knee was in such pain on Sunday that she took a complete 24-hour rest and a handful of medication, now has three Olympic medals after bronze in Sydney and silver in Athens.



"It's so hard to believe," Cockburn said. "I just started this sport for fun. It wasn't even an Olympic sport. Then it got into the Olympics. I went to three Games. I have a third medal."

"I do this sport for fun and this is just bonus and it's amazing and I'm just trying to soak it in."

METRO NEWS SERVICES



Toronto's Karen Cockburn won her third medal in as many Olympic Games yesterday when she claimed silver in the women's trampoline competition in Beijing.

Loss could be final blow for Canada

BASEBALL Canada's medal hopes all-but-disappeared with a 1-0 loss to Japan in Olympic baseball yesterday in Beijing.

Atsunori Inaba's fifth-inning solo home run powered Japan to victory and back into the medal chase improving their record to 3-2 while Canada — which suffered its fourth consecutive one-run defeat — fell to the bottom of the heap with just one win.

Canada loses, but still advances

SOFTBALL Canada's women's softball team has advanced, keeping their medal hopes alive.

Despite losing their last four games the Canadian squad moves on after Venezuela was beaten by Australia. Canada (3-4) now faces Australia (5-2) tomorrow in the semifinals.

The other semi has the United States (7-0) playing Japan (6-1).

The gold medal game is set for Thursday.

U.S. stays perfect prior to playoffs

BASKETBALL The high-flying United States continued their relentless march to the gold medal by trouncing Germany 106-57 to preserve their perfect record in the Olympic men's basketball competition yesterday.

Centre Dwight Howard scored a team-high 22 points for the U.S. (5-0), who will play Australia in the quarter-finals.

REUTERS

Perseverance pays off for elite athletes

YorkReport

Marty York

marty.york@metronews.ca

Adam van Koeverden is a kayaking king, a heavy favourite for Olympic gold this week.

And, yet, it wasn't all that long ago when this same young man from Oakville, Ont., suffered from an inferiority complex.

"I used to feel weird in gym class (less than 10 years ago) because I wasn't good at any team sports," van Koeverden mentioned before he flew to Beijing, where he qualified yesterday for the men's 1,000-metre final with a dominating open-

ing-heat performance he led from start to finish. "I felt inferior. I couldn't really dribble a basketball or kick a soccer ball."

What's remarkable is how common this is. Many athletes in Beijing flopped in other sports before turning to theirs.

Would you believe 23-year-old swimming sensation Michael Phelps — yes, the same American dude with the unprecedented eight gold medals — was cut by a kid's baseball team?

Oh, and the world's fastest man, Usain Bolt? He's a record-setting sprinter, of course, but couldn't crack a Jamaican soccer team during his pre-teens.

"It's amazing how often you see athletes succeed in individual sports after they've experienced setbacks in team sports," said

Bob Bowman, who has coached Phelps since the swimmer was 11. "Team sports are emphasized more when we grow up, by our parents and our schools. Kids often get depressed when they don't make it in team sports, but that's also when they often check out individual sports, exactly what happened with Michael."

Bowman spotted Phelps as a pool prodigy in Baltimore. It was Bowman, a college swimmer-turned-coach with a degree in child psychology, who convinced Phelps' par-

Jamaica's Usain Bolt, who won gold on Saturday in the men's 100-metre race, failed to make a local soccer team as a boy.

ents he had the talent to develop into an Olympic star.

"He lacked confidence at first," Bowman said. "And he was battling a disease (attention deficit hyperactivity disorder). But he overcame all that as he realized his strengths."

The Olympics are laden with stories about athletes succeeding after overcoming adversity.

Rowing's Dominic Seiterle, part of the Canadian men's eight team that won

gold in Beijing, couldn't even compete at the 2004 Olympics in Athens because of a serious blood infection that almost took his life. He also overcame thyroid cancer.

Karen Cockburn, the Ontarian who garnered silver on the trampoline in Beijing, was under a knife less than a year ago after tearing cartilage in a knee. And then there was Ontarian Ian Millar finally winning a silver in equestrian, in his ninth Olympics appearance, at age 61.

Remarkable comeback stories go on and on. They're as fascinating as the Olympic competitions themselves. And they teach us nifty lessons about perseverance.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Medal count

Rank	Nation	Gold	Silver	Bronze	Total
#1	U.S.	22	24	26	72
#2	China	39	14	14	67
#3	Russia	8	13	15	36
#4	Australia	11	10	12	33
#5	France	4	11	13	28
#6	Britain	12	7	8	27
#7	Germany	9	7	7	23
#8	South Korea	8	9	6	23
#9	Japan	8	5	7	20
#10	Italy	6	6	6	18
#11	Ukraine	5	3	8	16
#12	Netherlands	3	5	4	12
#13	Cuba	1	5	5	11
#14	Belarus	1	3	7	11
#15	Canada	2	3	4	9
#16	Romania	4	1	3	8
#17	Spain	3	3	2	8
#18	Kazakhstan	1	3	4	8
#19	Poland	3	3	1	7
#20	Kenya	2	3	2	7

(Count at the end of Day 10)

Your Health

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Spice up your workout

From **Best Health Magazine**
on newsstands now
besthealthmag.ca

Fed up with your ho-hum gym routine? Try one of these fresh workout ideas.

Yoga plus weights

You'll get: Stronger, calmer, more limber.

Why it works: Vinyasa yoga with weights offers the flexibility building and core strengthening of yoga coupled with strength training. Resistance training can offset age-related muscle loss, says Libby Norris, a Toronto fitness trainer (otherwise we lose one-quarter to one-half pound of muscle every year after the age of 25).

All you need: A pair of one- to two-kilogram dumbbells

and a yoga mat, and registration in a class. At-home DVD: Kathy Smith's Yoga Sculpt or Denise Austin's Yoga Body Burn.

Try this move: Chair pose with hammer curl. Hold a pair of dumbbells and stand with your feet together, knees slightly bent. Keeping your chest lifted and back straight with your palms facing each other and elbows tight to your sides, curl the dumbbell toward your shoulders. Pause at the top of the curl for two counts, then lower the weights with control. Repeat 10 to 12 times.

Kettlebells

You'll get: Total body toning, fat loss.

Why it works: Lifting

kettlebells boosts functional fitness (which helps with everyday movements, such as hefting groceries) and burns up to 400 calories in 30 minutes. Be progressive, says Keli Roberts, a Pasadena, Calif., fitness educator and trainer: Add repetitions or gradually use heavier kettlebells as you get stronger.

All you need: One kettlebell (start with eight kilograms), available at most sporting goods stores. Join a group class at your gym or local rec centre, or pop in a DVD at home (try Kettlebells the Iron Core Way).

Try this move: Triceps extension. Hold the kettlebell by the

handle. Press it up over your head, then lower it slowly behind your head. Bring it back up to the press position using your triceps. Repeat 10 to 12 times.

Aqua sculpt

You'll get: Better posture, total body strength.

Why it works: Water's resistance and buoyancy allows for a great workout without any stress on your joints, so it's great for beginners. "You don't even have to swim to do this," says Fredericton-based personal trainer Susan Cantwell, author of No More Excuses! Break-through Thinking for Real Weight Loss, pointing to its popularity among those with osteoarthritis.

All you need: A bathing



Taking an aqua sculpt class or using kettlebells, below left, are two ways to freshen up your workouts.

suit and a swimming pool where classes are offered. At-home DVD: The Noodle Workout.

Try this move: Chest press with lunge. Stand in chest-high water, with feet shoulder-width apart for stability. Holding styrofoam dumbbells in each hand at chest level, take a

large step forward; at the same time, use your arms to push water away from you. Return to the start position and alternate with the other leg. Repeat 10 to 12 times on each side.

—DIANE HART

Best Health is on newsstands now. For more, go to besthealthmag.ca.

Do you feel anxious & worry most of the time?

If so, you may be suffering from generalized anxiety disorder. You are not alone.

Over 750,000 Canadians suffer from generalized anxiety yet many do not get the correct medical help for this highly treatable condition.

Take a minute to answer the following questions:

YES NO

- ■ Do you feel anxious or keyed up and on edge?
- ■ Do you find you are easily fatigued?
- ■ Do you have difficulty concentrating or does your mind go blank?
- ■ Have you been feeling irritable?
- ■ Do you experience muscle tension?
- ■ Is your sleep disturbed (do you have difficulty falling asleep, staying asleep or have unsatisfying sleep)?

If you have answered YES to three or more of these questions and have felt poorly for the past six months, you may be suffering from generalized anxiety.

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently seeking volunteers to participate in a research study of an investigational medication for the treatment of generalized anxiety. Total treatment duration is 43 weeks. To volunteer you must be over 18 years of age, in generally good health, not currently in psychiatric treatment or taking medications for anxiety, and have no significant drug or alcohol problems.

To be evaluated for this program, please call anytime (24 hours), leave your name and phone number on our confidential voice mail:

**(613) 737-5454
ext. 225**

**Ottawa Psychopharmacology Clinic
Smyth Medical Centre**



All information is kept in strictest confidence.

ADVERTISING FEATURE

YOUR DENTAL HEALTH

**OPEN
EVENINGS &
SATURDAYS**



**NEW
PATIENTS
WELCOME**

Located in the Rideau Shopping Centre • 613-230-7475
SMILE RIDEAU STYLE

Orthodontics...NOT Just for Kids!

You may have noticed that more and more adults are doing something that used to be thought of as just for kids. No...we are not talking about digging in to sugary breakfast cereals!

What we are talking about is the fact that many adults are turning to orthodontics to correct problems with crooked or misaligned teeth. And the results are often spectacular!

The reasons these adults are turning to orthodontics are varied. In some cases, a recent accident may have left you with spaces that the remaining teeth are shifting to fill. Or perhaps you have suffered with crooked, misaligned or crowded teeth for some time and simply have never thought to have the situation corrected.

If that is the case, now is the time to consider doing just that. And the reasons are not just cosmetic. You might think that you do not need orthodontics given that you have been doing just fine without.

The fact is that misaligned teeth can prevent you from chewing

properly. This can lead to problems with the jaw or the mandibular joint. This may seem like a minor issue. However, the truth is that people with problems in the jaw or joint are more likely to experience headaches and other pain. If the problem is attributable to misaligned teeth, you should also be aware that such teeth can wear unevenly, and this can result in your needing crowns at a later date.

Then there is the matter of appearance. People with crooked teeth tend to smile less and often have less confidence in their appearance. That usually translates into having less confidence overall.

So even if you have lived with crooked or misaligned teeth for years, there are very good reasons not to continue doing so. That is why many adults are seeking treatment.

Not everyone is a suitable

candidate for orthodontic treatment. Periodontal disease, worn down, broken or decayed teeth may have to be treated before orthodontics can be effective. These are all problems that are more prevalent in adults than children.



Healthy Habits Lead to Healthy Lives
**Dr. Bao Nguyen
Dental Surgeon**

Furthermore, the simple fact is that the development of the adult jaw has completed and orthodontic treatment may not be successful.

Nonetheless, we have seen many adults thrilled with the results they achieved. For them, orthodontics is definitely NOT just for kids!

So talk to your dentist to see if such treatment might be right for you. You might be just as thrilled with the result modern treatment can provide!

Because having properly aligned teeth is about more than just your smile. Having properly aligned teeth is a healthy habit...and healthy habits lead to healthy lives.

Craving a sweet fix?

Next time you have a chocolate craving, try Chocolate+Plus, a new brand exclusive to Shoppers Drug Mart. Infused with calcium, probiotics and vitamins, these bars are a healthier alternative to the traditional chocolate bar snack. The 50-gram bars cost \$2.49. **METRO NEWS SERVICES**

lifestyle **11**

Transit riders thinner

Densely populated areas boast lower rates of obesity, research shows

CELIA MILNE
for Metro Canada



Ongoing research in Canada shows that people who live in the urban core (and who use public transit) are generally thinner than suburbanites.

"Our research shows that people who take public transit have lower obesity rates than those who drive," says Lisa Votta, a senior researcher at the Canadian Institute for Health Information in Ottawa. "They are getting some physical activity walking to the bus stop or the subway, as opposed to using cars."

This parallels new research at the University of Utah that shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, more walkable neighbourhoods. Researchers studied the heights and



New research at the University of Utah shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, transit-friendly neighbourhoods.

weights, as well as neighbourhood characteristics, of nearly half a million resi-

dents of Salt Lake County. Older neighbourhoods that are densely populated and

more friendly to pedestrians were associated with lower rates of obesity than

"Our research shows that people who take public transit have lower obesity rates than those who drive."

Lisa Votta, Canadian Institute for Health Information

those where people mostly drive.

For instance, a typical woman of average height (five feet five inches) who lived in a walkable neighbourhood tended to weigh six pounds less than a woman living in driving-oriented area. For men, the difference was 10 pounds. The Utah study noted that about 70 per cent of men and 61 per cent of women in the U.S. are overweight.

For each daily extra hour spent in the car, the likelihood of obesity is raised by 6 per cent, says Votta.



Maximize your workout time

FITNESS Here are the three key principles to give you the most efficient weight-loss workout every time, courtesy of BootyCampFitness.com:

1. High intensity interval training (HIIT) – Forget walking for 60 minutes every day. Who has time for that? A 10 to 15 minute HIIT cardio workout burns more fat.

2. Combine resistance and cardio training – Not only do you burn more calories if you combine cardio with resistance training, but it boosts your metabolism after the workout because of the resistance portion.

3. Muscle is metabolism – You need to challenge your muscles by working them harder each time. Progressive strength training can be done with body weight, free weights or machines. **NEWS CANADA**

An Olympian couch potato

HineSight

Anne Hines



ing the American men's gymnastics upset and every one of Phelps gold medal wins. I have, however, caught the tail end of 137 Coke ads.

Tip #2: Know your limit and watch within it. For anyone who did not properly prepare for the upcoming Olympics by weaning yourself off the need to sleep, keep this in mind: just because you can stay up until 2 a.m. watching Norwegian women's ping pong finals, doesn't mean you'll respect yourself for it in the morning.

Somewhat, around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of.

Choose a viewing limit and when you reach it, turn off the TV. I mean, unless the men's skiff dinghy racing is on. Or the Cuban team is playing whirly ball. Or...

Tip #3: Do your research: Taking time to do a little homework will enhance your enjoyment of the games.

As Canadians, it helps to



make a list of countries less likely to get medals than we are. In years when our team is less than stellar, consider including countries that did not actually send any athletes. No matter how bad

things get, we can shout, "We beat out Lower Bosnia!"

Tip #4: Prep for post-Olympic blahs.

While the athletes may take home golds, silvers and bronzes, TV viewers are often left with the blues. Use this moment to commit yourself to the kind of rigorous endurance testing the Olympic games inspire. Then, rent all eight seasons of the Sopranos and go for gold.

Around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Volunteers needed for Depression Research

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication treatment for depression. The purpose of the study is to further our knowledge about the treatment of depression. Treatment duration is approximately 12 weeks, with a possible 24-64 week extension, and includes a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 years old, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no significant drug or alcohol problems and be in generally good physical health.



Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

- | YES | NO |
|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> I am feeling sad and depressed. |
| <input type="checkbox"/> | <input type="checkbox"/> I am having difficulty sleeping. |
| <input type="checkbox"/> | <input type="checkbox"/> I am feeling low in energy and slowed down. |
| <input type="checkbox"/> | <input type="checkbox"/> My appetite has changed. |
| <input type="checkbox"/> | <input type="checkbox"/> I am experiencing feelings of guilt. |
| <input type="checkbox"/> | <input type="checkbox"/> I have lost interest in work and pleasurable activities. |
| <input type="checkbox"/> | <input type="checkbox"/> I feel hopeless about the future. |
| <input type="checkbox"/> | <input type="checkbox"/> I feel tense and anxious. |
| <input type="checkbox"/> | <input type="checkbox"/> I am having difficulty making decisions. |
| <input type="checkbox"/> | <input type="checkbox"/> I am having trouble concentrating. |

The Verve defied rumours of another split and headlined the U.K. version of the Virgin Festival last weekend. During their set, the band combined new material from their forthcoming album *Forth* with a host of fan favourites including *Bitter Sweet Symphony*. **MUSIC-NEWS.COM**

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONews.CA

Iran gig delayed

A Chris de Burgh concert set for Iran this fall has apparently hit a snag, with the country's Culture Ministry denying it has granted authorization, CBC reports.

METRO NEWS SERVICES

Snakecharming the masses

Montreal rockers The Stills drop new album following McCartney opening gig

IAN NATHANSON
for Metro Canada

Midway through a recent concert from The Stills, several masked drummers joined the group onstage to add extra percussive oomph to a new tune called Snakecharming the Masses.

Was this foretelling a bold conceptual direction for the Montreal rockers' third album, *Oceans Will Rise*, on which the song appears?

"We have some good friends who belong to an art group," Stills singer/guitarist Tim Fletcher explains. "When we asked them to come up on

stage with us, they brought these masks and hoodies with them and said, 'All right, we're gonna dress up like tribal terrorists and hit some drums.'"

Ambitious indeed. Other than a YouTube video, the song had yet to fully reach a mass audience.

Then again, The Stills have some previous experience snakecharming the masses, albeit under different musical circumstances. Featured in Rolling Stone and as one of MTV's Ten Artists To Watch in 2003, the group's full-length debut, *Logic Will Break Your Heart*, drew raves for its '80s dark new wave and comparisons to Echo & The Bunnymen and Joy Division.



The Stills' album *Oceans Will Rise* is available in stores today.

But by 2006's *Without Feathers*, The Stills veered towards more peppier, sparse classic rock. Internally, guitarist and found-

drummer Julien Blais was eventually added as permanent members.

"The first two records were us being thrown into this new world that, with our own neuroses, was tough to understand and get comfortable with at first," Fletcher says. "Now, as a band, we're much more comfortable together."

Still, more changes ensued: A label move from Vice Records to Arts & Crafts and another musical shift towards ambitious indie rock. Neither, however, could have prepared Fletcher, Hamelin, O'Neil, Blais and bassist Olivier Corbeil for their next shot.

The aforementioned recent concert was a July

show in Quebec City to mark the city's 400th birthday. The Stills performed in front of some 250,000-plus people as warm-up acts for the evening's headliner — Paul McCartney.

"We kept hearing about it before we knew we were confirmed to take part," Fletcher says. "None of us believed it was going to happen. But once it was confirmed, we all went, 'Oh ... My ... God! We've got a week to get this together.'"

"We've played to thousands of people before, but nothing quite like that. It took about a week-and-a-half afterwards for that experience to wear off."

OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	The Great Warming	The Agenda With Steve Palkin	No Tears	Citizen King (Part 1 of 2)	Agenda-Palkin				
211	331	3	GTV	Entertainment	ET Canada	Big Brother 10 (N)	In Plain Sight	News (N)				
-	-	5	SRC	Chine	La Zone olympique (N) (SC)	Le Téléjournal	Les XXXIX Jeux Olympiques d'été (HDTV) (En direct)					
209	342	6	CHRO	Grand Star	Degrassi: Next	Sarah Connor Chronicles	Without a Trace "Driven"	News (N)				
196	311	7	CTV	TMZ (N)	Jeopardy!	Canadian Idol	Without a Trace	Law & Order: SVU				
208	303	8	CBC	(6) XXIX Summer Olympics (HDTV)	From Beijing: Cycling, BMX seeding; beach volleyball, men's semifinals; softball, semifinals. (Live)	XXIX Summer Olympics (HDTV) (Live)						
-	360	9	NBC	Wheel-Fortune	Jeopardy!	Km/h (SC)	Caméra café	La Grande Évasion (HDTV)	TVA 22 heures	Sucre-salé	Batman	
117	713	10	TVA	Les Anges de la rénovation	Les Couilles de la mort * (2002, Action)	Ja Rule (SC)	Classé tous risques ** (1960, Drame)	King	King	King	Cold Case	
-	-	11	QS	Ste-Madeleine	Chemin du golf	Les Couilles de la mort * (2002, Action)	Ja Rule (SC)	King	King	King	Cold Case	
137	763	12	TFO	Panorama	Les Éclaireurs	NCIS "Dog Tags" (HDTV)	Big Brother 10 (N)	Without a Trace "Driven"	TwoHalf Men			
-	362	13	CBS	Dr. Phil	Law & Order: SVU	News (N)	Reaper "Acid Queen"	Reaper "Rebellion"	News (N)			
216	395	14	OMN2	Friends	Hollywood	News (N)	Vivere II	News (N)	The Simpsons	King of the Hill	Metropia	
214	344	15	CITY	TwoHalf Men	The Simpsons	Real Housewives	Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)	
115	396	24	CPAC	News (N)	Entertainment	Wipeout	(9:02) Wanna Bet?	PrimeTime: Medical Mysteries	News (N)			
512	396	24	CPAC	Tête-à-tête	Beyond Pöli	A la une	100 Huntley Street (N)	Life Today	This Is Day	John Hagee	News	
651	355	25	CTS	Full House	Facts of Life	Michael Coren Show	Sarah Connor Chronicles	P.O.V. "The Judge and the General" (N)				
-	365	36	Fox	TMZ (N)	Seinfeld	House "The Right Stuff"	Wide Angle (N)	Without a Trace	CBC News: The National	Anderson Cooper 360 (HDTV)	Sportsnet Connected (Live)	Sportsnet Con.
-	-	64	PBS	Business Rpt.	Uncorked	Nova (DVS)	Without a Trace	CBC News: The National	Anderson Cooper 360 (HDTV)	Sportsnet Connected (Live)	Sportsnet Con.	
205	312	104	CTV	Hollywood	TMZ (N)	Canadian Idol	The Hills (N)	Without a Trace	CBC News: The National	Anderson Cooper 360 (HDTV)	Sportsnet Connected (Live)	Sportsnet Con.
500	520	33	CNN	Lou Dobbs Tonight	CNN Election Center	The Hour (N)	Le Téléjournal	Chine	RDI en direct	Le National		
406	417	27	net	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.	Grandes reportages (SC)	Le Téléjournal	Chine	RDI en direct	Le National			
126	730	28	RDI	RDI en direct	400 fois Qué	Grandes reportages (SC)	Le Téléjournal	Chine	RDI en direct	Le National		
400	280	30	TSN	(6:30) XXIX Summer Olympics (HDTV) (Live)								
410	403	52	SCR	Stump-Schwab	Stump-Schwab	EPL Retro	Football Factories	Score Tonight	Adventures	Strand-Peters	Pilot Guides	
417	457	56	OLN	Exploration	Videos	Survivorman	Angry Planet	Surf Patrol	Super Bikes!	Super Bikes!	Super Bikes!	Pinks (HDTV)
554	544	48	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Armitage: Dual Matrix (2001, Science Fiction)		
557	540	51	FAM	That's Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han, Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
551	542	65	YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach	Mystery Hnt.	
570	580	29	MM	mmmm	Uncovered	All Access	The First 48 "Memphis"	Listed "20 Dirty Ditties"	Hogan Knows	Hogan Knows	Listed	
615	520	31	A&E	The First 48 (HDTV)		The First 48 "Memphis"	Star Wars: Episode II - Attack of the Clones ** (2002, Science Fiction)	Mystery Diagnosis	Dr. G: Medical Examiner	Vietnam, le culte des ancêtres	Journal TV5	
628	584	32	SPKE	CSI: Crime Scene Invstgtn.	CSI: Crime Scene Invstgtn.	Can't Stop Growing	Blue Murder	Trail Park	Kenny-Spenney	Live at the Rehearsal Hall	Law & Order	
625	548	36	TLC	Supersize She (HDTV)		Supersize She (HDTV)	Cry Baby *** (1990, Musical Comedy)	Making the Band 4 (N)	Family Guy	Seinfeld	Frasier	
145	761	35	TVS	Toute une histoire	ReGenesis (HDTV)	Blue Murder	Trail Park	Kenny-Spenney	Live at the Rehearsal Hall	Law & Order		
620	523	40	BVO	Bazart	Bravo!Videos	How It's Made	How It's Made	How It's Made	How It's Made	How It's Made	How It's Made	
520	505	42	DIS	Daily Planet	Canada Countdown	Beyond Chance	Newlywed	In Laws	Laughs	Corner Gas	The Simpsons	South Park
575	583	43	CLT	End of Leash	Til Debt-Part	Laughs	Corner Gas	The Simpsons	South Park	Family Guy	Family Guy	Family Guy
625	548	46	COM	Air Force	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Family Guy	Family Guy	Family Guy
294	529	47	TBS	MLB Baseball Atlanta Braves at New York Mets. From Shea Stadium in Flushing, N.Y.								
600	564	49	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist	Blood Ties (DVS)	Battlestar Galactica	Stargate SG-1	
627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager	Canada's Next Top Model	Making the Band 4 (N)	Family Guy	Seinfeld	Frasier	
528	566	53	MTC	Next	After	ET Canada	What Happen?	Digging for the Truth	Pris au piège (HDTV)	Eyes Down	On the Buses	
618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Digging for the Truth	Pris au piège (HDTV)	Eyes Down	On the Buses	
522	506	55	HIS	NCIS "Bloodbath"		NCIS "Bloodbath"		NCIS "Bloodbath"		NCIS "Bloodbath"		
129	773	60	CD	Biographies (HDTV)		Biographies (HDTV)		Biographies (HDTV)		Biographies (HDTV)		
261	394	61	V	Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		Murder, She Wrote		
602	567	62	W	Will & Grace	Friends	Maxed Out	Style by Jury	Guides	Tears	Circle of Voices Reunion	The Ellen DeGeneres Show	FT
269	350	70	APTN	Willowgrad	La Course	Regards	Presserebel	Sexiest Body Parts	HEAT-McEwan	HEAT-McEwan	Top Chef	Restaurant
621	527	71	FLK	Look-A-Like	Hollywood	TMZ (N)	FT	Sexiest Body Parts	HEAT-McEwan	HEAT-McEwan	Top Chef	Restaurant
603	561	95	FN	Grill It-Fly	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef	Restaurant	

critics' corner

Without a Trace

Even heroes have secrets. In "Driven," the team investigates the disappearance of a tow truck driver who was praised as a hero for saving a boy from being hit by a bus. It turns out he's been trying to make up for a tragedy in his past. Speaking of pasts, Sam (Poppy Montgomery) isn't pleased when Jack (Anthony LaPaglia) digs up some dirt on her baby's father (Adam Kaufman). Linda Hunt guest stars as an FBI psychiatrist counseling Jack. 10 PM on 13 CBS SHRO



XXIX Summer Olympics

No matter where Quebecois diver Alexandre Despatie ends up today in the final of the men's 3-meter springboard, his performance will be considered a triumph in itself. He's coming back from a fractured right foot he suffered in April, an injury that put a cloud over his training for the Olympics. Now that he's here, he faces another formidable challenge: overcoming the favored Qin Kai and He Chong of China's vaunted "dream team." 6 AM on 8 CBC

2008.09

PORTFOLIO
CERTIFICATE
PROGRAM

REGISTER
BY AUGUST 29

613.241.7471
OTTAWA SCHOOL OF ART

Zombies sans clothes Sony Pictures will release *Zombie Strippers* on DVD & Blu-ray this Oct. 28. **METRO NEWS SERVICES**

entertainment 13

They might be onto something

FOREVER YOUNG: The latest transatlantic TV sensation is *Skins*, the very controversial comic drama featuring a cast of real teens hooking up and getting wasted that BBC America is currently featuring in one big block collecting its first two seasons. It's a good move, because it gives some substance to remarkably brief British TV seasons (*Skins*' first season is only 9 episodes long, the second an epic 10), but because virtually the whole of the cast was replaced for the upcoming season three, a move that the show's creator says is intentional. "Our show is for young people," Bryan Elsley told the *New York Times*. "We want our actors to be the same age as not only the characters they're playing, but the same age as our audience. So that means once they reach the age of 18, 19, they can't be in the show anymore. Our thesis is that it's going to keep our show fresh."

As someone who's frequently advocated a legal requirement for rock bands to break up after two albums, and an outright ban on movie sequels, this is as good an arbitrary rule as anyone's ever made on television. A judicious application would have saved us from

IntelleVision



a hundred concept albums, *Godfather III* and NBC's *Joey*.

AIN'T GOT NO HOME: One of the biggest human interest stories at the beginning of the summer was the dire straits that former Johnny Carson sidekick Ed McMahon had landed in —



massively in debt and about to lose his Beverly Hills mansion due to bad investments, an injury that had prevented the 85-year-old from working and, it was rumoured, too many credit card shopping sprees by his younger wife, Pamela.

Last week, though, the *Los Angeles Times* reported that none other than Donald Trump had come to McMahon's rescue, buying the home that McMahon had originally put on the market two years ago

for US\$7 million for the low, low price of just \$4.6 million. "I don't know the man, but I grew up watching him on TV," Trump told the *Times*, who reported that he's leasing the property back to McMahon for an undisclosed sum.

The deal took place after McMahon's real estate agent flew to New York to make a personal appeal to Trump. "When I was at the Wharton School of Business," Trump told the *Times*, "I'd watch him every night. How could this happen?"

An odd but undeniable act of charity, obviously, but you have to wonder about the downsides to having Trump as your landlord; given the real estate mogul and reality TV impresario's markedly baroque taste in home furnishings, as showcased on his Trump Tower apartment during episodes of *The Apprentice*, McMahon might find himself living in the pool house every now and then as workers put wall-sized mirrors and ornate sideboards in the TV room, or cover the pantry with marble and gilt-framed paintings of frolicking cherubs.

Rick McGinnis writes about music, movies, books and television, but not opera.

DVD picks

Brand Upon the Brain!

Director: **Guy Maddin**
Stars: **Gretchen Krich, Maya Lawson**
Rating: **14A**



THIS BEING a Guy Maddin movie, we have to take the exclamation point seriously. Not solemnly, mind you, but seriously. The prairie visionary means business with that punctuation mark — watching a Maddin film is like being hit by lightning.

You'll still have a good time, if you're in the right frame of mind.

So even though this wondrous "Remembrance in 12 Chapters" has a peeping mom, a brain-drilling mad scientist dad, a cross-dressing detective, a satanic feral child, and occasional

bouts of nudity, cannibalism, womb-robbing and hands-free hormonal activity, there's no reason to be frightened. Much. It's a combination of Grand Guignol freak-out, Expressionist horror, Nancy Drew/Hardy Boys detective fiction and tender childhood reminiscence — if your childhood happened to be in a remote light-house orphanage where mom bathed in turpentine and sounded her "Horn of Chastity" while dad did unspeakable things in the basement.

DVD extras include commentary tracks, a documentary about the film and two new short films by Maddin.

Ariadne auf Naxos

Conductor: **Christoph von Dohnányi**
Stars: **Emily Magee, Elena Moşuc**

THINK OF THIS as an operatic version of Jean-Paul Sartre's *No Exit*, a purgatory where all the char-

acters face difficult truths about themselves, in strange and funny ways.

Real-life composer Richard Strauss and librettist Hugo von Hofmannsthal lived their own ironic torment as their sprawling fusion of comic theatre (Molière's *Le bourgeois gentilhomme*) and serious opera (about Ariadne, lone and lorn on an island) was born.

This uneasy fusion was a bust at its 1911 premiere.

It took the duo five years to work out something more potent and compact.

The result seen here is a captivating opera within an opera where satire and tragedy wrestle on a tightrope.

Carrying all this off with tremendous skill and flair is a 2006 production from Zurich with a masterful conductor (Christoph von Dohnányi) and a faultless cast led by Emily Magee as Ariadne and Elena Moşuc as Zerbinetta.

TORSTAR NEWS SERVICE

YOU COULD

WIN

A CHANCE TO SEE THE



Finals in Toronto!

**ENTER AT
METRONEWS.CA
FOR A CHANCE TO WIN**
flight and accommodations
for two plus a pair of tickets to
see the Canadian Idol finals
September 8 and 9!

No purchase necessary. One entry per person. Contest open to Canadian residents of legal age, excluding residents of Quebec. Contest closes August 30th 2008. Approximate value of prize is \$1,500. Odds of winning depend on number of entries received. For full contest rules and details, visit www.metronews.ca.



Canadian Idol™ is a trademark of 19 TV Ltd. and FremantleMedia North America, Inc. Licensed by FremantleMedia Enterprises. www.fremantlemedia.com.

Celebrity Buzz

Barr bashes Brangelina

BLOG Roseanne Barr says Angelina Jolie is "evil" and her hubby Brad Pitt "vacu-ous," tmz.com reports.

Roseanne went insane on her blog, scoffing that Jolie likes Republican presidential candidate John McCain but hasn't decided whom to endorse.

Roseanne rants, "Do you not know that the African daughter you hold in every picture had parents who suffered and died be-

cause of the Republican Party's worldwide economic assault on Africa?"

She also mentions two of the other kids are Vietnamese and Thai (actually Maddox is Cambodian), saying their real families are "victims of America's right-wing military incursions."

Roseanne goes on to claim that Brad brings in \$40 million US a year in

violent, psycho- pathic films and gives a way a relatively paltry \$3 mil "to starving children trying to look as if they give a crap about humanity."

METRO NEWS SERVICES



celebrity brief

Avril may be "too sexy" for Malaysia

MUSIC The major opposition party in Malaysia wants to stop Avril Lavigne's concert in Kuala Lumpur later this month because, as they put it, "It is considered too sexy for us ... we want clean artists."

Tmz.com reports that

Malaysia mandates that all performers be covered from chest to knees. Jumping, shouting, and hugging on stage are verboten.

Avril's peeps say there's nothing offensive about her show.

METRO NEWS SERVICES

Phil's bills: Love costly for Collins

DIVORCE The third time was certainly not the charm for Phil Collins, who's facing yet another pricey divorce, People.com reports.

After six years of marriage and two children, the musician's former wife, Orianne Cevey, 35, has received \$46.76 million US from Collins, 57, reports Britain's Daily Mirror. The record settlement tops by some \$2 million what Paul McCartney gave Heather Mills earlier this year.

Collins is no stranger to expensive breakups. Second wife Jill Tavelman received \$34 million after he ended their relation-

ship by fax in 1994.

In all, according to a Daily Telegraph tally, Collins' divorces have cost him \$84 million — nearly a third of his estimated \$280 fortune. Collins and Cevey met on tour in 1994 while she was working as a translator. Their children are Nicolas, 8, and Matthew, 4.

Collins also has three other children: Lily, from his marriage with Tavelman, and Simon and Joely, from his first

marriage — to Canadian-born Andrea Bertorelli. That union ended in 1979.

METRO NEWS SERVICES



celebrity brief

Paltrow draws PETA's wrath

FUR Gwyneth Paltrow is the latest celebrity to feel the wrath of anti-fur campaigners, femalefirst.co.uk reports. The actress

has angered PETA by appearing in the campaign for Tod's latest collection wearing fur-lined boots and promoting animal-skin bags, despite being a vegetarian.

PETA have criticized Gwyneth for setting a terrible example by taking money for the advert: "Gwyneth Paltrow won't be the apple of her daughter's eye if she continues to flaunt fur," said a PETA spokesperson.

METRO NEWS SERVICES



Kardashian a techno whiz

PERFORMANCE Kim Kardashian gave her boyfriend a sneak preview of her routine with the Pussycat Dolls via webcam, femalefirst.co.uk reports.

The curvy socialite was so keen to find out what lover Reggie Bush thought of her sexy outfit and raunchy dance moves that she put on a private showing for him ahead of her live performance with the dance troupe in Las Vegas last Friday night.

She said: "I did iChat with Reggie and I had my costume on for his ap-

proval. I did my whole dance for him when I was practicing. He thought it was so cute. He said, 'Please videotape it so you can send it to me right after.'"

Following the performance, Kim said: "My first part of the show started off in the bathtub in the middle of the club in a vintage, all-sequin, one-piece bathing suit with puff sleeves and a beach ball! But my second look was

my favourite! A white be-dazzled sailor suit. It even had a Kim patch on the sleeve! It went amazingly well and was the best experience ever!"

METRO NEWS SERVICES



Cameron Diaz is cashing in

FINANCES According to msn.com, Cameron Diaz topped the list of highest paid actresses (including endorsements) between June 1, 2007, and June 1, 2008.

She raked in \$50 million US, thanks in large part to her lucrative recurring role in DreamWorks' Shrek franchise.

Diaz also hit the big screen opposite Ashton Kutcher in 20th Century Fox's spring comedy What Happens in Vegas.

Keira Knightley places No. 2 on the list, with

annual earnings of \$32 million. Third is Jennifer Aniston, who collected \$27 million for the year. Tied for fourth place on the list: Reese Witherspoon and Gwyneth Paltrow. Each banked \$25 million.

METRO NEWS SERVICES



J.J. SAID IT WOULD!

J.J. Clarke

WATCH OTTAWA'S WEATHER LEADER



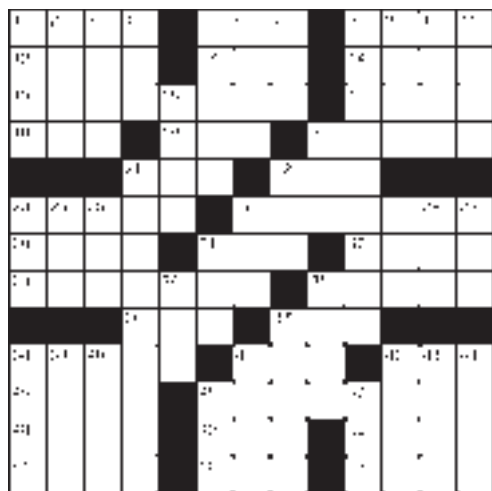
CTV NEWS
Weeknights 6:00

Lennox in recovery

Annie Lennox has had successful spinal surgery for a back injury she sustained in Mexico while attending this month's International AIDS conference, people.com reports. **METRO NEWS SERVICES**



Take Five



Crossword down

- 1 Quail group
- 2 On the briny
- 3 Quest for adventure
- 4 Pair on stage
- 5 Long-legged shorebird
- 6 Thrill
- 7 Verily
- 8 Truthful
- 9 Beyond eager
- 10 Farmer's wife's quarry
- 11 Trudge
- 16 Requirement
- 20 Write in the margins
- 21 Burlingtonian, e.g.
- 22 Pooch
- 23 Golfer Ernie
- 24 Kitten's remark
- 25 Arthur of "The Golden

- Girls"
- 26 Pie ingredient?
- 27 Scepter topper
- 28 Beak
- 29 Sauce source
- 31 Lustrous black
- 34 Prize-fighter
- 35 KFC flavorer
- 37 Tales
- 38 Impale
- 39 Unrivaled
- 40 Greek vowel
- 41 Laborer
- 42 Zetas' followers
- 43 Showbiz jobs
- 44 Leave out
- 46 Compete
- 47 Intensify, with up

Play more games online at: metronews.ca

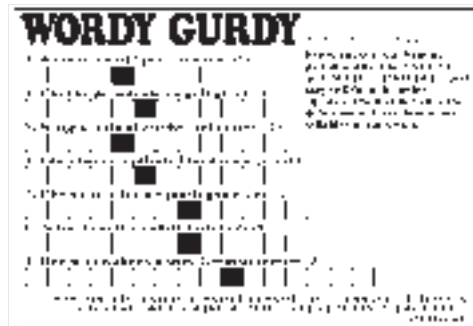
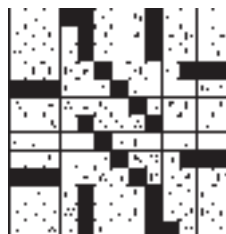
Crossword across

- 1 Hairless
- 5 The air up there
- 8 Improvise
- 12 Birthright barterer
- 13 Neckwear
- 14 Satan's specialty
- 15 Archie's brunette girlfriend
- 17 Puerto—
- 18 Tibetan bovine
- 19 Moose's cousin
- 20 Blasé

- 21 Animal treater
- 22 Happy companion?
- 23 Enclose tightly
- 26 Gestures
- 30 Ogler's look
- 31 Moonshine container
- 32 Sandwich cookie
- 33 Overwhelmed
- 35 Spouse
- 36 Chic no longer
- 37 "Of course"

- 38 David's weapon
- 41 Standard
- 42 "I" strain
- 45 Horn sound
- 46 Not paraphrased
- 48 Initial chip
- 49 Charged bit
- 50 Crèche visitors
- 51 Tolerate
- 52 Type measures
- 53 "Hey, you!"

previous day's answer



Earn \$31.45/hr as a Professional Home Stager.

Call now for more Details:
1.866.927.7782
or visit haverhillstaging.com

Fully Refundable Course Fee Applies.

THE HAVERHILL INSTITUTE OF STAGING & DESIGN

This day in history

AUG. 19, 1692: Salem witch trials: In Salem, Mass., five people, one woman and four men, including a clergyman, are executed after being convicted of witchcraft

AUG. 19, 1919: Afghanistan gains full independence from the United Kingdom.

AUG. 19, 1934: The creation of the position Führer approved by the German electorate with 89.9% of the popular vote.

AUG. 19, 1960: Sputnik program: Sputnik 5 — The Soviet Union launches the satellite with the dogs Belka and Strelka, 40 mice, 2 rats and a variety of plants.

METRO NEWS SERVICES

HOW TO PLAY SUDOKU:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	7	8	1	6	3	4	9	2
1	9	3	4	2	5	8	7	6
4	6	2	9	8	7	1	5	3
9	4	7	3	1	2	5	6	8
2	8	1	5	7	6	9	3	4
6	3	5	8	9	4	2	1	7
8	1	6	2	3	9	7	4	5
3	2	4	7	5	1	6	8	9
7	5	9	6	4	8	3	2	1

SUDOKU SOLVE TIME IN MINUTES:

Under 13: Genius
13-17: Scholar

Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

There'll be a meeting to discuss property. Think fast at a job site. A recent change will become beneficial.

TAURUS

APRIL 21-MAY 21

Indulgence in leisure activities is delayed. A friend introduces a helpful person. Meet with others to deal with bullying.

GEMINI

MAY 22-JUNE 21

Details will be misunderstood. Be attentive to people's feelings and all will be well. Questions about health and family will crop up.

CANCER

JUNE 22-JULY 22

Policy changes can bring relief. Seek out a miracle and take responsibility. The grass isn't greener anywhere else.

LEO

JULY 23-AUG 23

Don't create chaos at a gathering. Delight develops when you indulge in music. Grant a request as soon as possible.

VIRGO

AUG 24-SEPT 22

Join a group that supports your interests. A troubled person will ask for help. A dream will cause revamping of your plans.

LIBRA

SEPT 23-OCT 23

Triumphing over your workload will satisfy you. Someone wants sympathy for a lost cause. A buddy needs funds to do good deeds.

SCORPIO

OCT 24-NOV 22

Don't be a fool for love. Put off telling someone about a realization. A woman carries out a nefarious plan.

SAGITTARIUS

NOV 23-DEC 21

Money will be discussed with a frosty person. Ask discreetly about the reasons for a break-up. Brave words will be spoken.

CAPRICORN

DEC 22-JAN 20

A housemate will change plans. An ambiguous experiment will have good results. Poor work habits will give rise to a lecture.

AQUARIUS

JAN 21-FEB 18

Save yourself from anxiety. Don't play the heavy with a buddy. Avoid stimulating activities or you won't get to sleep.

PISCES

FEB 19-MAR 20

A passionate debate with a loving person leads to goodwill. Be very clear when giving advice. A boy will take a risk by sleeping in

Sudoku

	4			1		6	3
		6		5	9		
							4
4	6		9		1		
5			7	3			2
		7		6		8	5
6							
		3	5		7		
9	2		8			1	

17-21: Smart
21-25: Not bad
25+: Keep practising
[more games metronews.ca](http://moregames.metronews.ca)

Ottawa weather

Afternoon



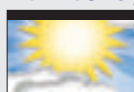
Variable.
20°

Tonight



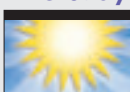
Clear.
10°

Wednesday



Partly cloudy.
22° / 10°

Thursday



Sunny.
25° / 10°

Friday



Mainly sunny.
27° / 14°



Temperature Normals
High: 24.4°
Low: 12.9°

Records
High: 32.8°/1955
Low: 6.9°/1977

Sunrise: 6:09 a.m.
Sunset: 8:02 p.m.
Moonset: 9:14 a.m.
Moonrise: 9:01 p.m.

©The Weather Network 2008



NOW OFFERING
TRAFFIC ON
YOUR MOBILE!



Download TrafficEye Mobile™ at theweathernetwork.com/mobile



Earn \$31.45/hr as a Professional Home Stager.



Enroll now at the Haverhill Institute of Staging
and begin an exciting career as a Professional Home Stager.

Haverhill's employer assisted job training program guarantees
you full or part-time employment as a Professional Home Stager
following graduation.

Starting wage \$31.45/hr.
Health benefits after 6 months.

Get started today! Call now for more Details:
1-866-927-7782 or visit haverhillstaging.com

* health benefits to full-time employees. Fully Refundable Course Fee Applies.

HAVERHILL INSTITUTE OF STAGING & DESIGN